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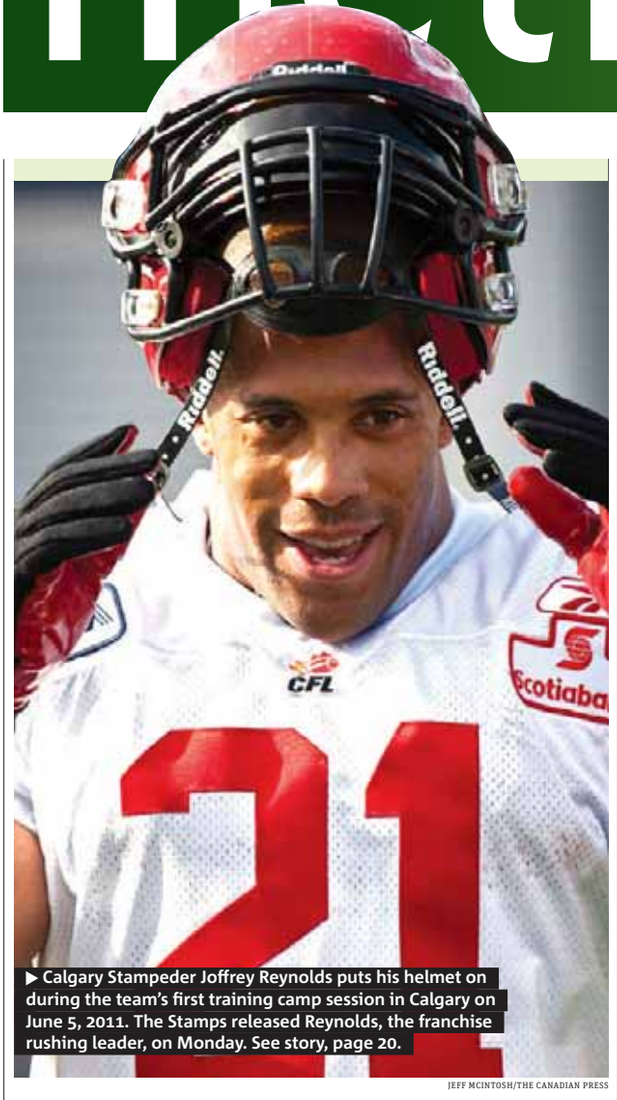

▶ Calgary Stampeder Joffrey Reynolds puts his helmet on during the team's first training camp session in Calgary on June 5, 2011. The Stamps released Reynolds, the franchise rushing leader, on Monday. See story, page 20.

JEFF MCINTOSH/THE CANADIAN PRESS

Stamps release Reynolds

Mother issues plea after son's apparent drug overdose

- He was starting new chapter of life as a SAIT welding apprentice
- Another suspected drug-use victim of the same age in Nanton ID'd

Pain evident in her voice, an Alberta mother is speaking out in hopes her son's suspected drug overdose will lead others to think twice and turn in those responsible for dealing the substances.

Deborah Gorlick learned early Saturday her 23-year-old son, Cody, had died as a result of an apparent drug overdose. The aspiring student from Strathmore with a keen interest in welding was found inside his suite at SAIT where he was attending first-year classes.

"He was starting the next chapter of his life," Deborah said. "He hasn't even had a chance to be married or have children."

Police seized a powdery substance and capsules from Cody's suite, but testing continues to determine whether he ingested ecstasy prior to his death, Insp. Paul Stacey said.

An extremely toxic chemical known as PMMA, which police believe is being used in place of standard ecstasy compounds, has been linked to 10 overdose deaths in the Calgary and Vancouver areas since November.

CONTRIBUTED

▶ Cody Gorlick

Honouring his life

▶ Family and friends have arranged two gatherings to honour the life of Cody Gorlick. The first will take place at the Boston Pizza in Strathmore Thursday night at 5 p.m., and the second runs Saturday from 12-6 p.m. at 408 West Chestermere Dr.

Reports have indicated ecstasy may have also been taken by a 23-year-old Nanton man prior to his death Sunday. A Facebook memorial group identified that victim as Brandon Bodkin.

At SAIT, meanwhile, many students struggled to come to grips with Cody's death.

"Of course it's concerning," said Steven Hildebrand, president of the students' association. "It's an issue among students for sure. Not necessarily drug use, but substance abuse of all kinds."

Deborah admitted many lingering questions surround her son's death. She described him as a heavy drinker at times, but said drug experimentation just didn't fit his personality.

"It's been really hard. ... I couldn't save him," she said. "This has to stop, it's a poison that's killing these kids."

JEREMY NOLAIS
WITH FILES FROM KATIE TURNER

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City seeks feedback on Crowchild

Commuters can have their say when it comes to planning the future of Crowchild Trail as the City of Calgary prepares a long-term study of the major transportation corridor.

Included in the study is an examination of a possible high-occupancy vehicle corridor from 16 Avenue North to Glenmore Trail South.

A city release says the study will update plans dating back to 1978 and better align the vision for the roadway with the 2009 Calgary Transportation Plan. Until Feb. 4, the city survey can be found online at calgary.ca/crowchild.

METRO

Motorist sought in pedestrian collision

City police are asking for public help in finding a man they believe hit a young pedestrian and drove away. A 13-year-old girl was walking on Acadia Drive SE on Jan. 17, police say. When she proceeded across a marked crosswalk at 94 Avenue SE, she was hit by a white sedan. The driver reportedly stopped and asked the girl if she was OK before driving away. She received minor injuries. It's believed the driver is about 25 years old. Anyone with information is asked to call 403-266-1234. METRO

METRO FILE

▶ Council compensation was on the docket Monday at city hall.

Council maintains status quo on pay

Council members will receive a 5.35 per cent raise in 2012
Alderman salaries have risen to more than $107,000 a year

KATIE TURNER
@METRONEWS.CA

Apart from some minor tweaks, city council members have voted in favour of sticking with the current method of determining their salaries.

In light of a report from a third-party committee made up of Calgarians, the majority of council decided on Monday not to tinker with their own pay.

Ald. Andre Chabot had tried to convince council members to tie their pay hike to the Consumer Price Index (CPI), as opposed to the present method of basing it on Alberta's average weekly earnings, but he was unsuccessful.

Chabot said that because he wanted to adjust council's raise to a rate closer to three per cent, his colleagues cited political interference.

"I don't think any Calgarian would be upset about us adjusting it down," Chabot said.

Mayor Naheed Nenshi voted in favour of Chabot's motion because he said CPI is a better reflection of prices at the gas pumps or grocery stores.

"Council decided to go a different way because they wanted to respect the committee and, again, it doesn't make a big difference over time," he said.

Ald. Brian Pincott said he trusts the work of the independent committee.

"In the end, they said that our system is good," Pincott said. "There's no way we should be adjusting or setting our own salary in any way."

Salary man

- Mayor Naheed Nenshi said he will donate 10 per cent of his $200,000-plus salary back to the city or to a local charity.
- "I was very surprised to read in the report where my compensation ranks through the rest of the country. I just didn't know," Nenshi said.
- He said a reduction of his base salary would make sense but added that one salary can't be adjusted without adjusting all of council's salaries.

1 news

Brothers are reunited in Japan after six decades apart. Scan code for story.

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On the web at metronews.ca

Things have been looking up for North American markets thus far in 2012. Allan Small explains why at metronews.ca/investing

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News in brief

Police on hunt for suspect

District 8 police are looking for a man following suspicious activity in the city's southeast. On Jan. 20, police say a Caucasian man in his 50s with short brown-grey hair approached two teenage girls separately, asking for directions. Anyone with information is asked to call 403-266-1234. METRO

Trio of schools honoured

Three historically significant sites have been presented with plaques from the Calgary Heritage Authority. During Monday's council meeting, Earl Grey Elementary, Cliff Bungalow School and King Edward School received plaques. METRO

Laundry room fire contained

The Calgary Fire Department is reminding Calgarians to take the proper precautions when doing laundry after responding to a fire in the city's southwest Monday. Around 1:30 p.m., crews were called to Everglen Crescent S.W. where they doused a laundry room fire. METRO

Tunnel costs racking up

Ald. Gord Lowe grilled transportation officials over the final airport tunnel costs Monday, in the end asking for a funding plan for the controversial project. Some say the costs have skyrocketed since the initial $295-million quoted price. METRO

'Every bone in her face is broken'

Calgary woman found in pool of her own blood inside five-star Mexican resort She remained in a coma on Monday but is expected to survive

JEREMY NOLAIS
@METRONEWS.CA

Sheila Nabb is friendly, caring and always willing to help.

That's why family and friends can't begin to comprehend who would savagely beat the 37-year-old Calgary resident staying at a five-star resort in Mazatlan, Mexico.

"It just doesn't make sense," said her uncle, Robert Prosser, reached at his home in Kingston, Nova Scotia, Monday. "Everyone who meets her falls in love with her."

Nabb, along with husband Andrew, managed to book a last-minute vacation at the Hotel Rui Emerald Bay last week and arrived in Mexico Friday.

Prosser said Andrew recalls going to bed with his wife that night but she was nowhere to be found when he awoke in the morning.

Sometime in the early morning hours Saturday, hotel staff found Sheila lying in a pool of her own blood inside one of the resort's elevators, according to a report from Mexican news site Noroeste.com.

"Every bone in her face is broken. The doctors have said it could be three to four weeks before she can be transferred back to Calgary," said Prosser.

Word of Sheila's savage beating was met with horror by friends in Calgary. WITH FILES FROM METRO HALIFAX

FACEBOOK.COM

▶ Sheila Nabb is seen with her husband Andrew in this undated Facebook photo. Both Andrew and his father remain at Nabb's bedside as she recovers from the beating.

Next steps

- A spokesperson with Canadian Foreign Affairs said officials have been in contact with Sheila Nabb's family and are continuing to consult with Mexican authorities as they investigate the assault.
- Staff at Active Back to Health Centre have established a trust to help cover costs associated with Nabb's recovery.
- Donations can be made at any TD Canada Trust under the heading "David Peterson in trust for Sheila Nabb." The account number is 651912 and transit number is #8072.
- Nabb is originally from Nova Scotia, but moved to Calgary two years ago.

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Clement lied about G8: NDP

Treasury Board president calls concerns 'NDP drive-by slime'

The New Democrats are calling on Tony Clement to turn himself in to the police after disclosing documents that they say show that he lied and covered up his role in dispensing a $50-million G8 "slush fund" in 2010.

New Democrat MP Charlie Angus issued the call Monday based on new documents that contradict Clement's insistence that he was not involved in choosing which projects to spruce up his riding would get funding.

The Treasury Board president responded via Twitter: "As usual NDP confusing recommending with choosing," Clement wrote.

Clement's spokeswoman later said that Angus was recycling the well-known fact that Clement "recommended projects" to former infrastructure minister John Baird, who had sole authority to decide which projects would get federal cash.

THE CANADIAN PRESS

Angus' remarks

- "He told the Canadian people, 'If anybody could ever prove that I would do that, I'd turn myself over to the cops.' Well, Tony, what about it?" NDP MP Charlie Angus said yesterday.
- "It's clear that a cover-up happened and the auditor general was misled," Angus added.

Southern. Storms

▶ John Braswell, right, Joe Braswell, centre, and Andrew Hughes, pastor of Beardon Methodist Church, remove fallen trees from a car in Fordyce, Ark., on Monday. Strong storms struck the area late Sunday.

DANNY JOHNSTON/THE ASSOCIATED PRESS

Wild weather wallops Alabama

A storm system that hit Arkansas Sunday night moved on to Alabama Monday, with violent weather and possible tornadoes leaving dozens of people injured and killing at least two, including a man who lived in an area devastated by a deadly twister outbreak in the spring.

January

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Radiation from speedy solar flare bombarding Earth

The radiation — in the form of protons — came flying out of the sun at 150 million kilometres per hour

The sun is bombarding Earth with radiation from the biggest solar storm in more than six years, with more to come from the fast-moving eruption.

The solar flare occurred late Sunday and will hit Earth with three different effects at three different times. The biggest issue is radiation, according to the National Oceanic and Atmospheric Administration's (NOAA) Space Weather Prediction Center in Colorado.

The radiation is mostly a concern for satellite disruptions and astronauts in space. It can also cause communication problems for polar-travelling airplanes, said space weather centre physicist Doug Biesecker.

Radiation from Sunday's flare arrived at Earth an hour later and will likely continue through Wednesday. Levels are considered strong but other storms have been more severe. There are two higher levels of radiation on NOAA's storm scale — severe and extreme — Biesecker said.

"The whole volume of space between here and Jupiter is just filled with protons and you just don't get rid of them like that," Biesecker said. That's why the effects will stick around for a couple days.

NASA's flight surgeons and solar experts examined the solar flare's expected effects and decided that the six astronauts on the International Space Station do not have to do anything to protect themselves from the radiation, spokesman Rob Navias said.

"We haven't had anything like this for a number of years," said Antti Pulkkinen, a physicist at NASA's Goddard Space Flight Center in Maryland. "It's kind of special."

THE ASSOCIATED PRESS

NASA/THE ASSOCIATED PRESS

▶ This NASA image, taken Sunday night, shows a solar flare erupting on the sun's northeastern hemisphere.

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Ringing in the Lunar New Year

Millions of ethnic Chinese, Koreans and Vietnamese across Asia are ringing in the new year of the Dragon with fireworks, feasting and family reunions. From Beijing to Bangkok, people hoping for good luck in the new year are visiting temples and lighting incense, setting off firecrackers and watching lion and dragon dances in the streets.

Happy. New Year

▶ A Chinese woman holds a candle before saying a prayer as part of celebrations for Lunar New Year at a temple in Tangerang, Indonesia, on Monday.

Court-martial urged in soldier's alleged hazing, suicide

Eight soldiers charged in death of American infantryman who shot himself on tour in Afghanistan

U.S. ARMY/THE ASSOCIATED PRESS

▶ Pte. Danny Chen, 19, shot himself on Oct. 3, 2011, after weeks of alleged abuse in Kandahar, Afghanistan.

An investigative hearing has recommended that an American soldier be court-martialed over hazing that allegedly led to a fellow infantryman's suicide in Afghanistan, but dismissed the most serious charge against him, the U.S. military said Monday.

Specialist Ryan Offutt is one of eight soldiers charged in the death of 19-year-old Pte. Danny Chen, who shot himself last October after what investigators say were weeks of physical abuse, humiliation and racial slurs.

A native New Yorker of Chinese descent, Chen had been in Afghanistan only two months when he shot himself in a guardhouse at an outpost in Afghanistan's Kandahar province.

The investigative hearing recommended that Offutt, 32, be court-martialed on charges including assault, negligent homicide and reckless endangerment, a statement from the U.S. military said.

It said the hearing, which ended Sunday, did not recommend trial for an additional charge of involuntary manslaughter, punishable by up to 10 years in prison.

The most serious charge Offutt now faces is negligent homicide, which carries a prison sentence of up to three years.

The regional American military commander will make a final decision on any court-martial based on the hearing's recommendations, the statement said.

Attorneys for Offutt could not immediately be contacted. Offutt joined the U.S. army in 2006 and served 14 months in Iraq before being deployed to Afghanistan.

THE ASSOCIATED PRESS

Investigation

- Chen's family has said investigators told them that Chen was subjected to racial slurs and forced to do excessive sit-ups, push-ups, runs and sprints carrying sandbags.
- Seven other members of Chen's unit will face similar hearings over the next month at Kandahar Air Field, the sprawling base for U.S. and NATO operations in the south.

ACHMAD IBRAHIM/THE ASSOCIATED PRESS

Putin is messenger of God, says cult leader

TANYA SIDORCHENKO
IN MOSCOW

An icon of "Saint" Vladimir Putin has begun to ooze myrrh, a religious cult leader in central Russia claims.

The Putin-worshipping cult in Nizhny Novgorod, led by former convict Svetlana Frolova, now known by followers as Mother Fotinya, believes this to be a heavenly sign of God's presence of Earth.

"Attention! Starting from Thursday, the icon of Vladimir Putin has been renewed and is seeping myrrh," a statement read on the cult's website. "God is giving us signs of His gracious presence."

In the Russian Orthodox Church, myrrh streaming out of icons, as well as the renewal of icons, are considered to be miracles.

On her cult's website, Frolova added that the Russian prime minister is on a mission "to rechristen our pagan country." She also considers him to be the embodiment of Russia's first ruler from medieval times, Vladimir the Great, and of the apostle Paul.

"The apostle Paul was a brutal persecutor of Christians, but then began to preach the gospel. During his service in the KGB, Putin was also involved in not-so-righteous deeds. But when he became president, the Holy Spirit descended upon him" she told the newspaper Sobesednik.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

▶ Russian Prime Minister Vladimir Putin

Mother Fotinya

- The cult leader is allegedly related to the 59-year-old prime minister — albeit in another lifetime. "Fotinya told us that she herself was Putin's cousin in a past life," a nurse from a children's medical centre near the cult's church told Metro.
- Reports allege that Frolova's sect, founded in 2005, was set up so followers could transfer their assets into her account.

Obama to 'hang' in chatroom

U.S. President Barack Obama plans to "hang out" in a video chatroom to answer questions about his State of the Union address, part of a White House effort to test new social networking tools and the latest evidence of the growing intersection of social media and politics. THE ASSOCIATED PRESS

Study finds anti-Jewish attitudes

A new study by a Germany-appointed commission shows 20 per cent of Germans harbour "latent" anti-Semitism, but anti-Jewish crimes are almost exclusively committed by the far right. The study puts Germans in the middle of the pack in Europe.
THE ASSOCIATED PRESS

Hungary dismisses report

Italy says Hungarian authorities have dismissed as "groundless" a report that an unregistered Hungarian woman was aboard the Costa Concordia cruise ship when it capsized. The statement said the person calling in the report gave a false name of someone who had died three years ago. THE ASSOCIATED PRESS

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New RIM CEO in hot seat

Analysts, investors wonder if Heins will lead company or prepare to sell He wants to improve product roll-out, customer communications

After being appointed to lead the troubled BlackBerry-maker Research in Motion, newly minted CEO Thorsten Heins is already under fire.

Takeover talk began circulating Monday as investors and analysts pondered whether the little-known Heins had been appointed to lead a RIM turnaround or prepare it for sale.

Heins made it clear he wants RIM to do a better job rolling out new products on time and improving communications with customers. He also indicated he will be steering a course set largely by founders and former CEOs Mike Lazaridis and James Balsillie, who resigned on Saturday.

"If Thorsten really believes that there are no changes to be made, he will be gone within 15 to 18 months. He will be a transitional CEO and this will be a transitional board," said Jaguar CEO Vic Alboini, who leads an informal group of 16 RIM shareholders. Alboini criticized keeping Balsillie and Lazaridis on RIM's board and called for several board members to step down before the company's mid-year annual meeting.

Queen's University business Prof. John Pliniussen doesn't feel Heins is the right choice to turn RIM around. "It's the right move but the wrong guy. He's been there four years and is part of the reason behind RIM's underwhelming product and marketing missteps," said Pliniussen.

RIM has seen its fortunes plunge as it lost market share. RIM's problems were made worse by disappointing sales of its PlayBook tablet and a global four-day BlackBerry service outage last year. TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. MONDAY

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Heins' history

- Heins, born in 1957, is not a well-known quantity. He joined RIM in December 2007 as a senior vice-president for hardware engineering and became chief operating officer for product and sales in August.
- The 54-year-old native of Munich joined the German engineering group Siemens AG straight out of university in 1984, the year RIM was founded in Waterloo, Ont. He holds a master's degree in science and physics.
- Prior to joining RIM in 2007, Thorsten was chief technology officer of Siemens' communications division.

CONTRIBUTED

Thorsten Heins has been named president and chief executive officer at Research in Motion.

Digital music sales stuck: Lobby group

A report by the global music industry lobbying group says the growth in digital revenues remains stuck in the single figures.

The International Federation of the Phonographic Industry blames piracy and government sluggishness for the failure of online business to take off.

While a report out Monday says that digital revenue has risen by eight per cent over the past year, one analyst says that isn't enough to make up for the decline in sales elsewhere. THE ASSOCIATED PRESS

Harper's eyes on exports at forum

Prime Minister Stephen Harper is off to the World Economic Forum in Davos, Switzerland, this week, where he will reiterate Canada's desire to diversify its trade, especially its oil exports, said his spokesman Andrew MacDougall.

"It's important to us now that a road has been blocked in the States," MacDougall said, referring to the recent Keystone XL pipeline decision. MacDougall did not mention China specifically, but said Harper is eyeing emerging markets in particular.

JEAN-CHRISTOPHE BOTT/THE ASSOCIATED PRESS

Members of the Occupy WEF movement build an igloo at their campsite before the opening of the 42nd annual meeting of the World Economic Forum in Davos, Switzerland.

Meanwhile, in many countries, prospects for prosperity are increasingly fragile. Trust in presidents and CEOs, and the systems they represent, is drying up. Uncertainty lurks for the eurozone, and for Afghanistan, Syria and North Korea as well.

And now the Occupy movement has come to the World Economic Forum, an annual gathering of 2,600 decision-makers from nearly 100 countries and hundreds of companies that starts Wednesday.

VIPs in Davos are usually sheltered from critics. This year, the global question-the-establishment wave has brought in a small band of protesters, with an igloo-and-yurt camp and anti-capitalist entreaties ready to greet the big bosses of business and world politics as they arrive. THE ASSOCIATED PRESS

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THE AT-HOME WORKOUT FROM HELL

SHE SAYS ...

JESSICA NAPIER
METRO

Have you ever seen those people running outside in the depths of winter? You know, the ones huffing and puffing along icy sidewalks while wearing full-face masks and chains on their sneakers. I refuse to be one of those people and as such, I've had to bring my workout routine indoors.

Since I also refuse to sign up for a gym membership — I've probably signed up and dropped out of every fitness facility within a 30-kilometre radius of my apartment — I decided that this winter I would embrace the at-home workout DVD.

Have you ever done an exercise video in your living room? No matter how reputable your workout of choice is, you will always feel like a complete moron.

These fitness DVDs take place in an entirely different kind of reality. Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble. They have terrifying titles like INSANITY! and promise to RIP AND SHRED YOUR BODY, as if those are actually desirable outcomes.

"Filmed in fluorescent studios and exotic tropical locations, they feature super-human instructors whose bodies look as if they've been chiseled out of spray-tanned marble."

Despite my initial reservations, I decided to give it a shot.

I don't own a television but I do own a $1,500 MacBook Pro (priorities, people). I agonize over finding the best location to set up my laptop — desk, chair, ottoman? It doesn't really matter because I still end up spending the next 50 minutes tilting the screen back and forth as I hop around my living room.

Despite his retro appeal, there is no place for Richard Simmons in today's modern home-video exercise world. My 2012-ready instructor is a hard-bodied blond dressed in a pink camo-print sports bra. She flaunts her Britney Spears' circa-2001 abs as she leads me through a sequence of torturous exercises.

Forgetting that I am in a basement, I almost break a finger as I whack my hand on the low ceiling while performing a series of "power jacks," a maniacal cousin to the traditional jumping jack.

When the instructor's unremitting perkiness becomes too much, I drown her out with my own inner monologue. Am I engaging my core right now? What does that even feel like? Is that my phone? Will my apartment smell like sweat after this?

Finally, the instructor utters the two most beautiful words in the English language: "Cool down." As I stretch out on my yoga mat, I find myself wondering where I could pick up some of those chains for my running shoes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the porn industry be forced to use condoms?

75% YES, IT'S A WORKPLACE SAFETY ISSUE

0% SOMEWHAT, PORN COMPANIES SHOULD BE FORCED TO LET EMPLOYEES CHOOSE

25% NO, IT SHOULD BE UP TO THE EMPLOYER

Local tweets

- **@TSwift Fan0013:** Yesterday was probably the best day of spotting at #yyc airport I've had in a long time, even if it was a little chilly outside
- **@barnecut:** Considering that one gets half of donations back at income tax time, annual salary increases cover a normal level of giving. #yyccc
- **@islaylamb:** Just filled the birdbath with water. Birds are lined up to freshen up after the long cold spell here. #yyc
- **@K_O_cowtown:** #yyc #yyccc Calgary City Council pay raises should be tied to property tax increases. The bigger the increase the smaller the raise!!!
- **@AllanDwyer:** And then a chinook blew through Calgary. Blessed relief. #yyc
- **@joemcfarland:** Ahhhh... #tunderpass is back in front of #yyccc. And the little Nenshi vs. Lowe jabs continue. Always a fun time.
- **@corineblain:** What letter are we supposed to put on the Community Living Bags? #yyc Something tells me "A"...yes?
- **@CanadaMarcus:** Bye bye #yyc - our on-going affair was once again too short! See you next time! Back to #yeg time.

Daily Zoom

DAVID PARRY/PA

Rise of the fake sun

'Sun' brightens winter morning

LONDON. Dawn broke an hour early in central London after a fake "sun" was raised to beat the Monday morning blues. Onlookers took to deck chairs to bathe in glowing light as the installation over Trafalgar Square began at 6:51 a.m. It didn't set until 7:33 p.m., giving the square three more hours of "daylight."

MWN

"There are very few moments more spectacular and uplifting than watching an early morning sunrise."
ANDREW SHOBEN, FOUNDER OF ARTISTS' COLLECTIVE GREYWORLD, WHICH IS BEHIND THE "TRAFALGAR SUN," A WORK COMMISSIONED BY FRUIT JUICE GROUP TROPICANA

Trafalgar Sun

- **Is 30,000 times the size of a soccer ball.** It has a surface area of 200 m², and weighs over 5,500 pounds. A crane was used to hold the orb in air.
- **Worth 60,000 light bulbs.** The sun's internal core produces four-million lumens of light.
- **Time to wait for sunrise.** Greyworld took six months to create the installation.

DAVID PARRY/PA

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2 scene

Scene in brief

Get ready for The Bachelor, Canadian-style. Citytv says the popular reality series is coming north and is scheduled to launch on the network this fall. A search for Canadian bachelorettes began Monday at Citytv.com.
THE CANADIAN PRESS

Scan this code or visit metronews.ca/Oscars to watch Tuesday's live telecast of the Academy Award nominations.

Kiefer's new touch

- Kiefer Sutherland tackles a more cerebral role in the new series Touch
- But Touch has its own action — a boy with a gift for predicting the future

IAN JOHNSTON
SCENE@METRONEWS.CA

Kiefer Sutherland says he wasn't looking to come back to TV so soon after his eight-season, Emmy-winning stint on 24. But then he read the script for Touch.

"It wasn't really a choice," says Sutherland, who was starring in a Broadway play at the time. "It was around page 30, I remember going dammit! I just knew I'd be so remiss if I didn't do it."

The series, from Heroes creator Tim Kring, definitely stands out from the usual TV crowd. On one level, it's a drama of a father, Martin (Sutherland), who is attempting to reach his autistic, mute son Jake.

But it's also a science fiction tale — in that Jake possesses an ability to make numerical connections that seem to predict future events in the world. Interpreting what those numbers might mean soon becomes Martin's full-time job. For Sutherland himself, the show is essentially about family. "I've always felt it was a drama," Sutherland says. "You're embarking on a journey of a father trying to connect to his son. That's at the heart of the show."

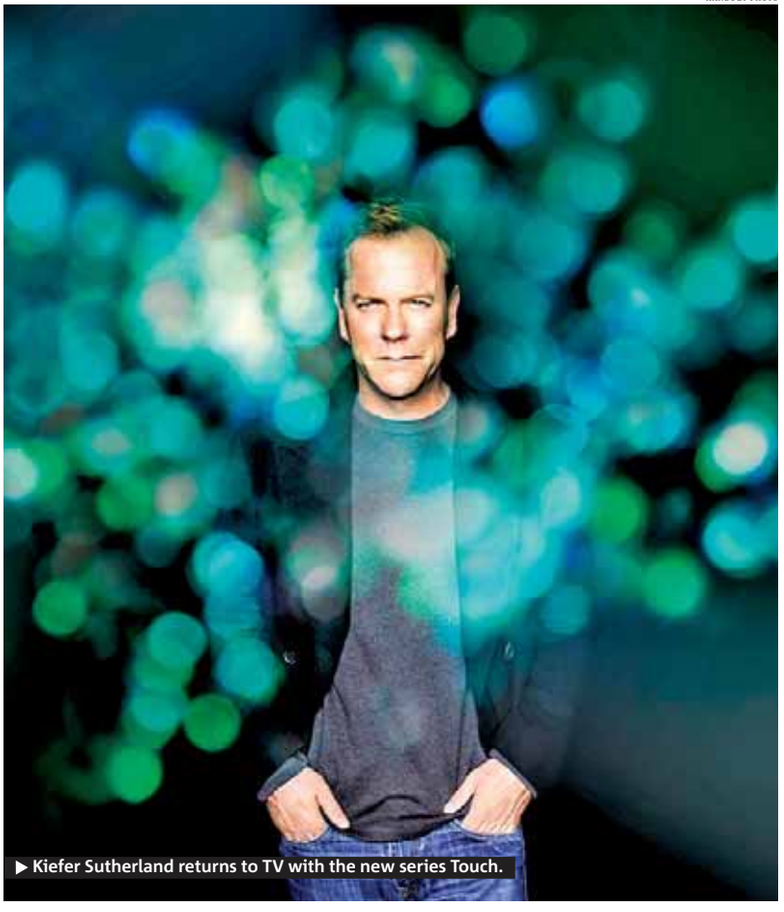
But will fans of Sutherland's shoot-first-talk-later character Jack Bauer on 24 be convinced to watch the more cerebral Touch?

"Well, we're not blowing things up. But I think there's enough excitement around the show. There's a great deal of suspense in not knowing what (Jake's) numbers are," he says.

Sutherland even sees parallels between his 24 character and Touch's more down-to-earth Martin. "Jack Bauer was faced with unbelievable circumstances to overcome. And by the end, you realize this guy's never going to win. On Touch, you realize Martin is never going to have that quintessential father/son relationship with his son, and yet he too perseveres."

Touch premieres Wednesday at 9 p.m. (ET) on Global.

HANDOUT PHOTO



▶ Kiefer Sutherland returns to TV with the new series Touch.

Martin Bohm vs. Jack Bauer

How does Kiefer Sutherland's new character in Touch, Martin Bohm, compare to 24's Jack Bauer?

- **Similarities — both men have children they're trying to protect:** Martin Bohm's 11-year-old son, Jake, has trouble connecting with people emotionally and Martin yearns to shield him from the judgmental world. Kim, Jack Bauer's daughter, needs to be kept safe from the numerous terrorists who are looking to kidnap and harm her as a way to weaken Jack.
- **They're both widowers:** Martin's wife met an untimely death when she was working in the World Trade Center during the September 11 terrorist attacks. Jack's wife, Teri, was killed at the hands of double agent Nina Myers.
- **Differences — they live on opposite sides of the country:** Martin and his son are located in New York. Jack, although rarely in one place for a long time, resides in Los Angeles.
- **They are in different lines of work:** Although Martin currently works as a baggage handler at JFK Airport, his previous career was as an investigative reporter for the Herald. Jack worked for the Los Angeles Counter Terrorist Unit, in some capacity or another.

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On February 8, let's talk.

One in five Canadians suffers from mental illness, impacting countless lives and taking a heavy toll on our nation's economy. But mental illness carries a stigma, and many who suffer won't get the help they need because they're too afraid to talk about it.

That's why I'm proud to support Bell Let's Talk Day on February 8. For every text message sent and every long distance call made by Bell customers that day,* Bell will donate 5¢ to Canadian mental health programs.

Please join me in the national conversation. Together, we can change attitudes and make a real difference. To learn more, visit bell.ca/letstalk.

*Regular long distance and text message charges apply.

Clara Hughes
Olympic champion

Bell Let's Talk

Health scares of the stars

K-Fed suffers 'mini heart attack' Tracy Morgan collapses in Utah

ALL PHOTOS GETTY IMAGES

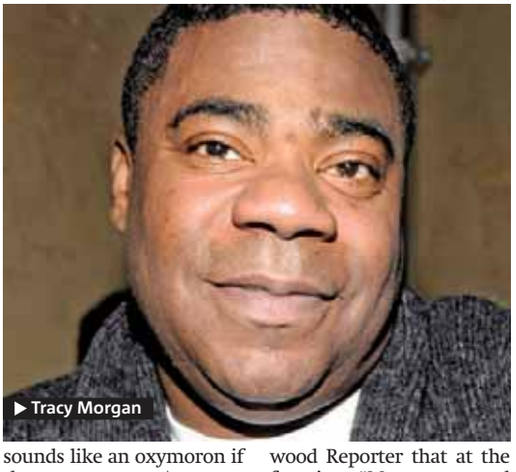
THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

The Australians must be desperate.

They've flown Kevin Federline, 33, all the way to their country to star in their weight-loss reality show, Excess Baggage (because, apparently, Celebrity Fit Club worked out so well for him).

But the Aussie show's workouts were too much for the former dancer/chronic egg fertilizer, and, according to local reports, his heart went "PopoZão" and he was rushed to a hospital with chest pains. It was so severe that, according to reports, Federline suffered a "mini heart attack" (which sounds like an oxymoron if there ever was one).



▶ Tracy Morgan

Meanwhile, on the other side of the world, Tracy Morgan was also rushed to the hospital in Park City, Utah on Monday, after he collapsed at the Creative Coalition Spotlight Awards.

A source told the Hollywood Reporter that at the function, "Morgan seemed inebriated, yelling and falling onto the ground."

I know what you are thinking and no, it was not booze. It was the altitude that felled the 30 Rock star.

Per his rep: "From a combination of exhaustion and altitude, Tracy is seeking medical attention. He is with his fiancé and grateful to the Park City Medical Center for their care. Any reports of Tracy consuming alcohol are 100 per cent false."

▶ Kevin Federline

This is one of those rare occasions that a PR statement is true: The hospital reports that Morgan did not have alcohol or drugs in his system when he was admitted.

Klum and Seal: Yup, it's over

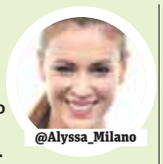
Heidi Klum and Seal have confirmed that they are separating after seven years together, according to People magazine.

"While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate," Klum says in a statement.

"We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process, and protecting the well-being of our children remains our top priority, especially during this time of transition." Seal and Klum are parents to Leni, 7, Henry, 6, Johan, 5, and Lou, 2. METRO

▶ Heidi Klum and Seal

Celebrity tweets



@Alyssa_Milano
Dear Auto Correct, Duck you. Sincerely, Everyone

@kathynajimy
want a great idea for a good invention? swollen feet you can screw off at the end of the day and store on the shelf.

@SteveMartinToGo
Waiting for call asking me to do halftime show at Superbowl with solo banjo. How will I control fans rushing stage? Details to work out.

@DonaldGlover
watchin french children's show explain how to make a homemade alarm for your sack lunch. If it was in black & white, it'd be a masterpiece

Simon says the wedding is off

Simon Cowell says his engagement to Mezhgan Hussainy is off — and the relationship is as well, in a way.

"It's quite a complicated relationship. We have had a break from each other, and we are still incredibly close," Cowell tells the Sunday Mirror.

"I'm vulnerable. It's not on, it's not off, it's somewhere in the middle. I don't know if I will ever get married, but I am happy."

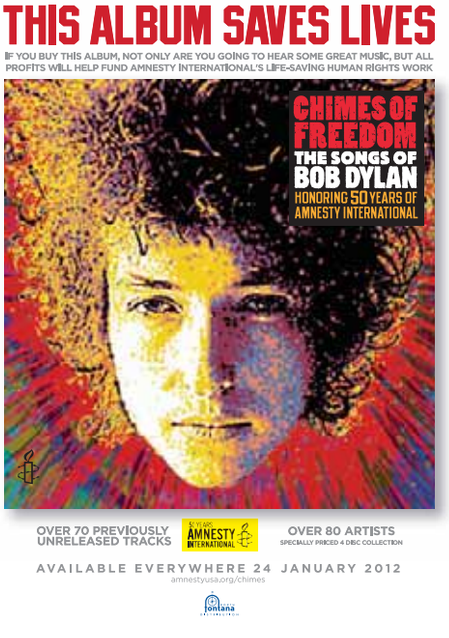
As for his gushing about Hussainy being "the one" during an interview with Piers Morgan when the couple was first engaged, Cowell says, "I have been pretty good about not talking about my private stuff, but I got caught up in the moment." METRO

Simon Cowell

5,000 miles apart?

With reports of trouble in their 14-year relationship, Johnny Depp and Vanessa Paradis have reportedly been living apart this week — 5,000 miles apart, according to People magazine. While Depp has kept a low profile in Los Angeles, Paradis has been spotted in Paris shopping and prepping for the premiere of her new film, Café de Flore. Earlier last week, Paradis stopped into a department store to pick up some DVDs, including the Marilyn Monroe classic The Seven-Year Itch. METRO

▶ Johnny Depp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World of eye care can be confusing

Learn the difference between a sight test and a full eye exam And research before you go

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

Before you get an eye exam, do some research first.

Your eyes need health check-ups, too.

But how do you navigate the world of optometrists, opticians and ophthalmologists? Most of us aren't clear on who does what.

"It is a source of confusion in the public," says Dr. Riaz Ahmed, an optometrist in Calgary.

Here's how he explains it: Opticians are the people who sell you glasses and contact lenses, optometrists are your primary eye-care provider and ophthalmologists treat serious eye diseases and do eye surgery.

Ahmed recommends eye exams every two years for most adults.

If you are young (under 19) or older (over 65), you should get an eye exam every year. A recent study that examined patterns among more than 130,000 Canadians found that only 40 per cent saw an eye-care provider in the previous year.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist."
DR. RIAZ AHMED

Make sure you go to someone who is qualified in eye health.

"If you go get an eye exam, make sure it is either with an optometrist or an ophthalmologist," he says. "A sight test at an optician is not a full eye exam."

Optometrists like Ahmed have been to university for a minimum of eight years.

They do routine eye exams and deal with common eye problems such as infections or a foreign object in the eye.

They can manage, on a regular basis, eye problems resulting from diabetes or glaucoma.

An ophthalmologist has the most education, including a Bachelor degree, four years of medical school, plus a residency in the specialty.

3 life

Health

A new website — myhealthtips.com — features collaborative work between a Canadian doctor and Terry Jones of Monty Python, shown, that blends humour and health advice.
THE ASSOCIATED PRESS

If you can climb stairs, you can have sex, says AMA guidance for heart patients

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Check out our Swap & Drop Diet I talked in my last column about our new diet book, Swap & Drop, which is full of ideas for small changes you can make that add up over time to lost pounds.

This week, I want to let you in on some details in the book's section on dining out.

We all end up in a drive-through, a mall food court or a family restaurant at some point during the week.

These places can be danger zones if you're watching your weight, so we thought it would be super helpful to provide nutritional information about restaurant menus to help you choose what to order.

We studied the menus at 10 chains across Canada — Boston Pizza, East Side Mario's, Harvey's, The Keg, KFC, McDonald's, Starbucks, Subway, Taco Bell and Tim Horton's — and made some surprising discoveries.

To read them pick up the Swap & Drop Diet book, which is $29.95 and available wherever books are sold, and at besthealthmag.ca/swap.

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Putting impact helmets to test

Ottawa lab testing head protection for tobogganing Hockey helmets may be better than actual alpine gear

Parents who take their youngsters tobogganing might want to top them off with a hockey helmet based on new test results of protective headgear for winter activities.

A team from the Children's Hospital of Eastern Ontario Research Institute and University of Ottawa compared the protective characteristics of three types of helmets used by children age seven and under. The study was published Friday in the Journal of Neurosurgery: Pediatrics.

In a laboratory setting, head forms fitted to helmets for ice hockey, alpine skiing and cycling were subjected to front and side impacts at two-, four-, six- and eight-metres per second, using a special monorail drop rig.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ A study of helmets used by children for winter activities offers some new data on the various types of head protection that would suit tobogganers.

Impact and surface velocities were chosen to simulate an impact similar to what might be expected for a child on the toboggan hill.

Safety performance was defined by the ability of a helmet to reduce acceleration of the head during the impact, said Dr. Blaine Hoshizaki, director of the Neurotrauma Impact Laboratory.

The team found that the ice hockey helmet was the most protective at the lower-velocity impacts, while the bike helmet was the most protective at the high-velocity impact.

THE CANADIAN PRESS

Helmets

Alpine helmets

Didn't test well The researchers found that alpine helmets didn't score well on front hits but did well on side impacts, which often occur on a ski hill.

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We invite you all to experience Healing and Meditation on 18th of February'2012 from 10:00 AM to 4:00 PM at SCA Community Association, 277 Strathcona Drive SW, Calgary. Minimum $20 Donation is expected for attending this event. For details contact Dr. Jyoti Dekate at 403-452-1469/403-918-6225 or email at cpha.alberta@gmail.com

Quality to mark Dragon year

Despite no rolling dim sum cart, U & Me Restaurant serves winning eats

LUNCH RUSH

DAN CLAPSON
FOOD@METRONEWS.CA

DAN CLAPSON

Steamed BBQ Pork Buns.

This week, I thought it would be great to get a little dim sum action in honour of Chinese New Year. U & Me, in Chinatown, is undoubtedly the place to go.

Sadly, I can't list every one of the hundred dishes (slight exaggeration) we devoured, but here's a few highlights.

U & Me's Steamed BBQ Pork Buns ($4.25) are a classic choice that never disappoints.

The Salt and Pepper Squid ($7.95) was my personal favourite, in all its deep-fried delicious glory.

We also shared an order of Steamed Spareribs ($4.25) that were served with chunks of squash in a sweet black bean sauce.

Visually, they were not beautiful, but the taste made up for it!

Sadly, U & Me does not have a dim sum cart rolling around, so it kind of loses that spontaneous 'grab off the cart' kind of magic, but I'll take quality over spontaneity any day.

U & Me Restaurant
223 Centre St. S.
403-246-1388
uandmerestaurant.ca
Hours: Mon - Sun (8 a.m. - 4 p.m.)
Reservations: No
Licensed: Yes
Quick solo lunch: No
Social lunch: Yes
Co-worker lunch: Yes
Client negotiations: No
Price range: $4.25 - $7.95
Rating: 3.5 out of 5

THE CANADIAN PRESS H/O

Easy Seafood Linguine

This linguine is chockfull of seafood and can be on the table in a flash. It will be a welcome comfort dish as well.

Preparation:

1. In a large pot of boiling water, cook pasta until al dente. Drain and keep warm.
2. While pasta is cooking, heat olive oil in a frying pan and sauté garlic for 3 to 4 minutes. Add breadcrumbs and chili flakes; cook for 1 minute. Add clams with liquid, shrimp, oysters and white wine; cook for another 2 to 3 minutes. Toss seafood mixture with pasta, add parsley and season with pepper. Garnish with extra breadcrumbs. Serve.

THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 500 g (1 lb) linguine pasta
- 50 ml (1/4 cup) olive oil
- 3 cloves garlic, finely chopped
- 50 ml (1/4 cup) breadcrumbs, plus extra for garnish
- 2 ml (1/2 tsp) chili flakes
- 1 can (142 g) baby yellow clams, undrained
- 1 can (106 g) medium shrimp, drained
- 1 can (133 g) Pacific oysters, drained
- 50 ml (1/4 cup) white wine
- 125 ml (1/2 cup) coarsely chopped parsley
- Cracked black pepper

Make health statement with light salmon dish

Feeding a large crowd? Consider offering Roasted Salmon with Lentil Salad. The dish is rich and savoury, but won't weigh down the dinner party.

Preparation:

1. Coat a large rimmed baking sheet with cooking spray; set aside. Bring a pot of salted water to boil. Add lentils and boil for 12 to 15 minutes or until tender but firm. Drain well and set aside.
2. Place salmon, skin down, on prepared baking sheet. Rub with garlic. Place dots of butter all over surface of salmon, then sprinkle with salt and black pepper. Bake in 200 C (400 F) oven for 15 minutes or until just the centre is slightly translucent.
3. Meanwhile, in a bowl, gently mix together cooked lentils, lemon rind and juice, orange segments, pomegranate seeds, coriander, cilantro and hot sauce. Season with salt and black pepper.
4. In a small bowl, stir together creme fraiche and orange juice.
5. To serve, place salmon on a large platter and arrange lentil salad around salmon. Drizzle with creme fraiche sauce.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

MATTHEW MEAD/ THE ASSOCIATED PRESS

This recipe serves 10.

Ingredients:

- 500 ml (2 cups) green lentils
- 1 side of salmon, skin on about 1.8-kg (4-lb)
- 1 clove garlic, minced
- 30 ml (2 tbsp) butter
- Salt black pepper
- 10 mL (2 tsp) grated lemon rind
- 45 mL (3 tbsp) lemon juice
- 3 oranges, peeled and segmented
- Seeds of 1/2 pomegranate
- 5 ml (1 tsp) coriander
- 50 ml (1/4 cup) chopped fresh cilantro
- Splash of hot sauce
- 1 tub (250 g/8 oz) creme fraiche
- 60 mL (1/4 cup) fresh orange juice

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CHINESE NEW YEAR 101

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

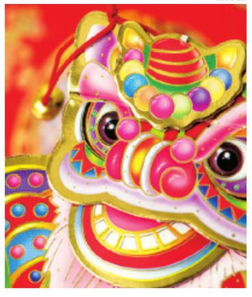
FOR MORE, VISIT CHARLES MACPHERSON.COM

As some of you know, I have just completed another 18-day Asian tour, which took me to Shanghai, Bangkok, Manila and Hong Kong, before returning to Toronto. So what does this have to do with today's column?

Well, it's the start of Chinese New Year and I thought this would be the perfect opportunity to learn how we acknowledge another culture's holiday.

Firstly, there is absolutely nothing wrong with asking someone from a different faith, background or nationality the meaning of and how he or she celebrates a particular holiday.

ISTOCK



So, with the start of Chinese New Year, how do the Chinese celebrate their new year's holiday and how should others acknowledge this important holiday?

Although some Chinese people will greet each other with a traditional phrase, it is absolutely fine for people of another culture to say "Happy New Year."

Now, if you see people receiving a red envelope, don't panic. You don't need to do anything.

Traditionally, when youngsters come to wish the seniors good health, a red envelope with small amounts of money inside is given to the children to wish them good luck and good fortune in the new year.

You are neither expected nor required to give a gift of any kind.

However, if you feel compelled to give something, sweets to symbolize a sweet year, and/or oranges, are always a good thing. If you are going to wrap the present, ideally it should be wrapped in something red and gold, which are the traditional colours of the holiday.

Now, as my dear friend from Peninsula Hotel in Shanghai said upon my departure last week, "I wish you a Happy Chinese New Year, Mr. Charles, and a wonderful year of the Dragon!" I couldn't have said it better myself.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

CARPE DATE 'EM, CARPE DIEM

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Hello Claire and Andrea, I am in my early 30s and I am a single guy. I feel very lonely, like my life is passing me by. At times I feel jealous to see people older and younger than me getting married and I do not know what to do about it. I am always told I am too nice and I am shy with girls as well. I do not know how to reach out to people using technology. I would rather someone take the initiative or be face to face. How do I go about this when at times I feel like I am losing people or friendships? Danny

Andrea: Dear depressed Danny,

I've learned that any transformation worth going through comes with its share of pain. Right now you're going through yours, and I hope that it pushes you to stand up for yourself and to believe that you are also entitled to a loving relationship.

Holidays can bring on the blues, but the new year is all about new beginnings. Get excited about where you're going. Put in the work to improve yourself and your outlook.

No one will make it happen for you, but once you're successful in achieving your goal, you'll be happy that you went through it.

Claire: Dear depressed Danny,

You're right, technology can make forming friendships harder, not easier. But dating sites are the exception.

Make peace with your keyboard and try setting up a dating profile for at least three months — you can exchange emails with people you're interested in, but remember to sound (and stay) positive.

There are lots of people who feel lonely out there, and who would love to meet someone like you.

Also, try to engage in group activities: join a running club, volunteer somewhere, do things you enjoy.

Trust me, you'll find love or love will find you, so that one day you'll look back on these days of freedom and independence with longing.

Carpe date 'em, carpe diem!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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ISTOCK

▶ This guy is just asking for trouble. There could be a light post waiting for him around the corner.

Do you text and walk at the same time?

NATE JONES
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Have you ever bumped into a light post? Tripped on a trash can? Stumbled upon an old friend, literally?

If so, you may have a texting-while-walking problem.

Filmmaker Casey Neistadt explores these issues and more in a hilarious documentary for the New York Times, Texting While Walking: A Dangerous Game.

In it, Neistadt gives a series of scientific illustrations demonstrating exactly how harmful (not to mention annoying!) walking and texting can be.

"Let's stop acting like hollowed-out zombies, with BlackBerrys and iPhones replacing eye contact, handshakes and face-to-face conversations," Neistadt writes in the accompanying article.

"It's time to live once again in the present and simply be where we are."

taxing this year

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Having been the host of Maxed Out, a lifestyle television show, I know that good things often come out of the episodes and sometimes those good things can be a surprise.

The first episode of Million Dollar Neighbourhood, which aired Sunday on the Oprah Winfrey Network, is aiming to raise the net worth of 100 Aldergrove, B.C., families by a total of one million dollars over 10 weeks.

Every week, the community will strive to save $100,000, or an average of $1,000 per family, through a variety of means including bartering or pitching in to renovate the home of a needy family.

Most people have fat marbled throughout their spending in everything from cellphone bills to fast food fixations.

But Million Dollar Neighbourhood's first show took a slightly different tact by recovering money that had already been spent.

A tax team from H&R Block did a second look review of the families' tax returns. Astonishingly, they found errors or missed deductions in nearly a third of them. The refunds ranged from $100 to $10,000, in total more than $50,000.

HANDOUT

▶ Million Dollar Neighbourhood co-hosts Bruce Sellery and Dr. Joti Samra. The show airs Sundays on OWN.

I was curious at the number of filing mistakes, so I asked Cleo Hamel, senior tax analyst for H&R Block Canada, about her conclusions.

"In general, I think people get complacent and follow the same tax routine as the previous year because it is easy. A change in their income from year to year is something they take note of but understanding how to use, for example, medical expenses to their advantage requires a little more work. Or they are unsure of whether they qualify for a credit and fail to followup."

You may not be able to avoid death or taxes but with a little vigilance you can lessen the impact of the government bite.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Cha-ching!

What would you do with a tax windfall?

- **10 per cent** of the Million Dollar Neighbourhood families who received a tax windfall said they'd use it for shopping or a vacation, which would decrease their net worth.
- **86 per cent** said they'd either save it or pay down debt. Both of which would increase net worth.

PROTECT YOUR IDENTITY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I was speaking at a conference last week and the subject of insurance protection for identity theft came up in the Q & A portion of my talk.

I'm not a huge fan of this type of insurance because I believe there are far more effective ways to protect your identity than paying $15 per month to have an institution register your credit cards and monitor the activity.

Sometimes this type of insurance only covers the legal fees associated with having your identity stolen; often in excess of $10,000. Insurance coverage cannot prevent identity theft; it only helps to detect it and cover losses associated with it.

You are the best form of insurance to protect your identity. The top five ways to ensure no one steels your identity are:

1. Don't leave your bank statements, credit or banking cards in places where someone could steal the information. If you're using a shared computer, clear the computer's history before you leave the terminal. Do not lend your banking cards to anyone; even a close friend.

2. Protect your passwords. When you enter in a pin number for a purchase, cover the key pad while you press the digits. If you bank online or use sites like PayPal for purchases, change your passwords regularly. The government of Canada has focused significant attention on this issue in recent months. Check out their Cyber Security Strategy at publicsafety.gc.ca. Go to 'national security' and then click on 'cyber security'.

3. Shred any documentation that has personal information such as your name or address on it. You can buy a shredder for $20 at an office supply store.

4. Read your bank statements and monitor your account activity for a minimum of 10 minutes each week. If you see anything that looks fishy, call your bank immediately.

5. Check on your credit score regularly to ensure there are no items you don't recognize on it. If there are, contact the credit bureau immediately to have the issue investigated and resolved.

There are two credit bureaus in Canada —Equifax (equifax.ca) and TransUnion (transunion.ca). Request a free copy of your credit score by visiting their websites (it will arrive by mail). Finally, if you think your identity has been stolen, talk to law enforcement officials and a lawyer.

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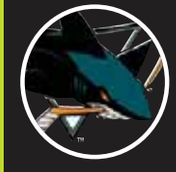
4 sports

Flames preview

San Jose at Calgary
7 p.m.
TV: SNET



The Flames (23-20-6) host San Jose (26-14-6), which lost 2-1 in a shootout to Edmonton on Monday. After Monday's game, Joe Thornton and Patrick Marleau — the Sharks' leading scorers — have a combined total of four points in their last seven games. With 17 goals in 46 games, Joe Pavelski is on pace to reach 30 goals for the first time in his career. Pavelski scored at least 20 goals in each of the last three seasons. Ryane Clowe (nose) is on injured reserve and isn't expected back until next week at the earliest.
THE CANADIAN PRESS

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LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ John Tavares, left, reaches for the puck in front of Jonas Gustavsson during the Islanders' 3-0 loss in Toronto on Monday night.

Tavares turning heads with torrid points pace

After diversifying his game in off-season, Isles star on pace for career highs ◐ 'Every season he's getting better and better,' says skills coach

The NHL is talking about John Tavares again.

With the New York Islanders forward seemingly coming into his own and starting to reach the heights expected of a No. 1 draft pick, the fanfare that came with his arrival to the NHL in 2009 has returned.

"In my opinion, he's one of the top few forwards in the league," Toronto Maple Leafs defenceman Luke Schenn said Monday before the first of back-to-back meetings with the Islanders.

There can be no bigger compliment than the fact virtually every opponent is drafting up defensive gameplans designed to stop the 21-year-old centre.

Very few have had much success, particularly in the past month as he built a 12-game point streak. Tavares is benefiting from the maturating process, but he's also managed to stay a stride or two ahead of opponents by reshaping his game.

84
Heading into last night's game against Toronto, Tavares was on pace for 33 goals, 51 assists and 84 points. His career-high is 29 goals, 38 assists for 67 points in 2010-11.

The work started over the summer in suburban Toronto with his longtime hockey skills coach, Dusan Kralik, who put the sniper through countless hours of passing drills in an effort to add another element to his offensive arsenal.

"He always carried the team on his shoulders in terms of scoring," Kralik told The Canadian Press in an interview. "I think he realized it's not maybe necessary to score goals ... everybody know he's a goal scorer so they put probably more emphasis covering him as a dominant player.

"This guy's dedication to hockey is huge. He's been working so hard every summer ... He got stronger, he got faster and it's paying off."
ISLANDERS CAPTAIN MARK STREIT ON JOHN TAVARES

"He's still capable to open (space) for other players and create opportunities."

The results are in the statistics. Tavares is currently on pace to post career-highs on offence, but his biggest gains are in assists.

It's a big change for a player that made the jump to the OHL at age 15 and scored 72 goals in 67 games for the Oshawa Generals a year later.

Tavares once again finds himself as a major talking point in NHL circles. Praise is coming from opponents and teammates alike, speaking volumes about where he stands.

"The one thing about him too is he's super competitive," said Schenn. "He wants to be the go-to guy all the time. He wants to win bad."

Unless something changes on Long Island, that will remain a tough task. The Islanders carry the NHL's lowest payroll and that likely won't change even once Tavares' new $33-million contract kicks in next season.

His decision to sign the six-year extension in September makes him the team's highest-paid player at $5.5 million per season.

Clearly, Tavares believes better days lie ahead and he's determined to be the driving force behind a turnaround. THE CANADIAN PRESS

Stampeders say goodbye to Reynolds

The Calgary Stampeders released franchise rushing leader Joffrey Reynolds on Monday.

John Hufnagel, the Stampeders head coach and GM, said the club made the move after being unable to work out a trade involving the veteran tailback.

"By releasing him now rather than waiting until later in the off-season, we wanted to make sure Joffrey had the best opportunity to sign with another team," Hufnagel said in a statement. "We thank Joffrey for his years of excellent service to the Stampeders and wish him all the best."

The 32-year-old Reynolds became expendable with the emergence of Canadian Jon Cornish, who replaced Reynolds in Calgary's starting lineup last season.

Reynolds spent eight seasons with the Stampeders, rushing for 9,213 yards and 53 TDs while registering 226 catches for 2,036 yards and eight touchdowns.

He rushed for 477 yards last season, the first time since his rookie year in 2004 that he didn't reach the 1,000-yard mark.

Reynolds helped Calgary win the 2008 Grey Cup.
THE CANADIAN PRESS

Azarenka perseveres in Australia

Third-seeded Victoria Azarenka reached the Australian Open semifinals when she held her nerve despite trouble with her serve in a 6-7 (0), 6-0, 6-2 win over No. 8 Agnieszka Radwanska on Tuesday.

It was only her second win in six Grand Slam quarter-finals. She's never gone further than the semis.

The 22-year-old extended her winning streak this season to 10 matches.

"I'm really glad I could stay tough and finish the match," Azarenka said. "I'm just really happy to be in the semifinals to give it all out there."
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Boston	46	31	13	1	1	168	96	64	16-7-1-1	15-6-0-0	6-3-1-0	W1
d-NY Rangers	46	30	12	1	3	129	96	64	14-5-0-2	16-7-1-1	7-3-0-0	W1
d-Florida	47	22	15	5	5	120	133	54	11-5-1-5	11-10-4-0	3-3-3-1	W1
Philadelphia	47	28	14	2	3	159	140	61	11-7-1-2	17-7-1-1	6-3-0-1	L1
Ottawa	50	27	17	4	2	154	153	60	14-9-0-1	13-8-4-1	7-2-1-0	L1
Pittsburgh	48	27	17	2	2	149	125	58	14-8-2-0	13-9-0-2	6-4-0-0	W6
New Jersey	47	26	19	1	1	128	134	54	12-9-0-1	14-10-1-0	5-4-1-0	L2
Washington	47	25	19	1	2	131	134	53	17-6-0-1	8-13-1-1	5-4-1-0	L2
Toronto	48	24	19	3	2	147	144	53	14-8-2-2	10-11-1-0	6-4-0-0	W1
Winnipeg	49	22	21	3	3	124	140	50	15-8-0-2	7-13-3-1	3-6-0-1	L2
Montreal	48	18	21	2	7	123	132	45	8-10-2-4	10-12-0-2	5-3-0-2	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1
Tampa Bay	47	20	23	1	3	132	163	44	12-7-0-1	8-16-1-2	4-5-0-1	W3
NY Islanders	47	19	22	4	2	112	139	44	11-11-3-0	8-11-1-2	5-5-0-0	L1
Buffalo	48	19	24	3	2	117	148	43	11-9-3-2	8-15-0-0	2-7-1-0	L5

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	49	33	15	1	0	158	110	67	20-2-1-0	13-13-0-0	9-1-0-0	W7
d-Vancouver	48	29	15	0	4	155	120	62	13-6-0-3	16-9-0-1	5-3-0-2	W1
d-San Jose	46	26	14	3	3	130	110	58	15-8-2-0	11-6-1-3	4-3-1-2	L3
St. Louis	48	29	13	1	5	122	99	64	21-3-1-2	8-10-0-3	8-1-1-0	L1
Chicago	49	29	14	3	3	161	141	64	19-5-1-3	10-9-2-0	5-3-2-0	L1
Nashville	49	29	16	3	1	137	126	62	16-7-2-1	13-9-1-0	8-2-0-0	W3
Los Angeles	49	23	16	4	6	107	110	56	13-11-0-4	10-5-4-2	4-2-1-3	L2
Colorado	50	26	22	2	0	129	141	54	14-11-0-0	12-11-2-0	5-4-1-0	L1
Minnesota	48	23	18	2	5	112	124	53	13-6-1-2	10-12-1-3	3-6-0-1	W1
Calgary	49	23	20	3	3	120	136	52	13-6-1-1	10-14-2-2	5-3-1-1	W2
Dallas	47	24	21	0	2	125	136	50	13-9-0-2	11-12-0-0	3-6-0-1	L5
Phoenix	49	21	20	3	5	127	132	50	9-9-2-2	12-11-1-3	2-5-1-2	L3
Anaheim	47	18	22	3	4	124	143	43	13-12-1-0	5-10-2-4	8-1-1-0	W5
Edmonton	48	18	26	1	3	120	139	40	12-8-1-2	6-18-0-1	2-7-1-0	W1
Columbus	48	13	29	1	5	113	159	32	8-13-1-2	5-16-0-3	3-6-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Edmonton 2 San Jose 1 (SO)
Toronto 3 N.Y. Islanders 0
Carolina 2 Winnipeg 1
Detroit 3 St. Louis 1
Nashville 4 Columbus 1
Ottawa at Los Angeles
Sunday's results
Boston 6 Philadelphia 5 (SO)
Pittsburgh 4 Washington 3 (OT)
Anaheim 3 Colorado 2
Tonight's games
All Times Eastern
Buffalo at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.
Winnipeg at N.Y. Rangers, 7 p.m.
Boston at Washington, 7 p.m.
Columbus at Tampa Bay, 7:30 p.m.
Philadelphia at Florida, 7:30 p.m.
Pittsburgh at St. Louis, 8 p.m.
Nashville at Chicago, 8:30 p.m.
Anaheim at Dallas, 8:30 p.m.
Minnesota at Colorado, 9 p.m.
San Jose at Calgary, 9 p.m.
Ottawa at Phoenix, 9 p.m.
Edmonton at Vancouver, 10 p.m.
Tomorrow's game
Detroit at Montreal, 7:30 p.m.
NHL ALL-STAR BREAK
Jan. 26-30 at Ottawa

MAPLE LEAFS 3, ISLANDERS 0

First Period
1. Toronto, Lombardi 5 (Gardiner, Franson) 1:37
Penalty — Parenteau NYI (tripping) 13:26.
Second Period
No Scoring.
Penalties — None.
Third Period
2. Toronto, Kessel 26 (Lupul, Gunnarsson) 8:10
3. Toronto, Lombardi 6 (Crabb, Grabovski) 16:21
Penalty — Martin NYI (goaltender interference) 17:23.
Shots

N.Y. Islanders	5	6	14	25
Toronto	16	8	11	35

Goal — N.Y. Islanders: Nabokov (L,10-12-0); Toronto: Gustavsson (W,15-10-0). **Power plays (goals-chances)** — N.Y. Islanders: 0-0; Toronto: 0-2.
Referees — Chris Lee, Frederick L'Ecuyer.
Linesmen — Brian Mach, Scott Driscoll.
Attendance — 19,570 (18,819) at Toronto.

HURRICANES 2, JETS 1

First Period
1. Carolina, Skinner 14 (Gleason) 3:55
2. Carolina, Brent 6 (Stewart) 9:28
Penalty — Ruutu Car (boarding) 0:51.
Second Period
3. Winnipeg, Wellwood 9 (Enstrom, Antropov) 13:47
Penalties — Jokinen Car (tripping) 6:36, Oduya Wpg (interference) 16:14.
Third Period
No Scoring.
Penalties — Slater Wpg (holding) 10:35, Tlusty Car (tripping) 20:00.
Shots

Winnipeg	6	10	14	30
Carolina	7	7	2	16

Goal — Winnipeg: Mason (L,6-5-0); Carolina: Ward (W,18-17-8). **Power plays (goals-chances)** — Winnipeg: 0-2; Carolina: 0-2.
Referees — Don Van Massenhoven, Francois St. Laurent. **Linesmen** — Scott Cherrey, Darren Gibbs.
Attendance — 16,045 (18,680).

OILERS 2, SHARKS 1 (SO)

First Period
No Scoring.
Penalties — None.
Second Period
1. Edmonton, Eberle 18 (Petry, Gagner) 6:50
Penalty — White SJ (holding) 2:18.
Third Period
2. San Jose, Couture 21 (Boyle, Thornton) 6:23 (pp)
Penalties — Hemsky Edm (kneeing major, game misconduct) 5:37.
Overtime
No Scoring.
Penalties — None.
Shootout
Edmonton wins 2-1
San Jose (1) — Handzus, miss; Boyle, miss; Pavelski, goal; Couture, miss; **Edmonton (2)** — Eberle, miss; Gagner, goal; Lander, miss; Hall, goal.
Shots

San Jose	13	13	17	2—45
Edmonton	5	7	4	2—18

Goal — San Jose: Greiss (SOL,6-4-1); Edmonton: Dubnyk (W,7-11-0). **Power plays (goals-chances)** — San Jose: 1-2; Edmonton: 0-1.
Referees — Paul Devorski, Stephane Auger.
Linesmen — Steve Barton, Mike Cvik.
Attendance — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Giroux, Pha	18	37	55
Stamkos, TB	32	20	52
Ma.Hossa, Chi	20	32	52
H.Sedin, Vcr	11	41	52
Lupul, Tor	20	31	51
Datsyuk, Det	13	38	51
Toews, Chi	27	23	50
Kessel, Tor	25	25	50
D.Sedin, Vcr	20	30	50
Spezza, Ott	20	30	50
Tavares, NYI	19	29	48

Not including last night's games

SOCCER

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	19	16	1	2	67	18	49
Barcelona	19	13	5	1	59	12	44
Valencia	19	10	5	4	29	20	35
Levante	19	9	4	6	25	22	31
Espanyol	19	8	4	7	21	21	28
Osasuna	19	6	9	4	22	31	27
Athletic Bilbao	19	6	8	5	27	23	26
Atletico Madrid	19	7	5	7	30	27	26
Sevilla	19	6	8	5	20	20	26
Malaga	19	7	4	8	22	28	25
Getafe	19	6	6	7	20	25	24
Real Betis	19	7	2	10	22	27	23
Rayo Vallecano	19	6	4	9	21	28	22
Mallorca	19	5	7	7	17	24	22
Real Sociedad	19	5	6	8	17	27	21
Racing Santander	19	4	8	7	15	23	20
Villarreal	19	4	7	8	18	28	19
Granada	19	5	4	10	12	26	19
Sporting Gijon	19	5	3	11	18	33	18

Yesterday's result
Villarreal 3,Sporting Gijon 0

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — New England 23 Baltimore 20
NFC — N.Y. Giants 20 San Francisco 17 (OT)

PRO BOWL

Sunday, Jan. 29
At Honolulu
All Times Eastern
NFC vs. AFC, 7 p.m.

SUPER BOWL

Sunday, Feb. 5
At Indianapolis
New England vs. N.Y. Giants, 6:20 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — Fourth Round
Andy Murray (4), Britain, def. Mikhail Kukushkin, Kazakhstan, 6-1, 6-1, 1-0 (retired).
David Ferrer (5), Spain, def. Richard Gasquet (17), France, 6-4, 6-4, 6-1.
Kei Nishikori (24), Japan, def. Jo-Wilfried Tsonga (6), France, 2-6, 6-2, 6-1, 3-6, 6-3.
Doubles — Third Round
Santiago Gonzalez, Mexico, and Christopher Kas (12), Germany, def. Jurgen Melzer, Austria, and Philipp Petzschner (5), Germany, 7-6 (1), 7-5.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Frantisek Cermak, Czech Republic, and Filip Polasek (11), Slovakia, 6-4, 6-3.
Robert Lindstedt, Sweden, and Horia Tecau (7), Romania, def. Ricardo Mello and Joao Souza, Brazil, 6-4, 6-3.
Eric Butorac, U.S., and Bruno Soares (10), Brazil, def. Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Curacao, 6-4, 6-2.
WOMEN
Singles — Fourth Round
Petra Kvitova (2), Czech Republic, def. Ana Ivanovic (21), Serbia, 6-2, 7-6 (2).
Maria Sharapova (4), Russia, def. Sabine Lisicki (14), Germany, 3-6, 6-2, 6-3.
Ekaterina Makarova, Russia, def. Serena Williams (12), U.S., 6-2, 6-3.
Sara Errani, Italy, def. Zheng Jie, China, 6-2, 6-1.
Doubles — Third Round
Irina-Camelia Begu and Monica Niculescu, Romania, def. Maria Kirilenko and Nadia Petrova (5), Russia, 3-0 (retired).
Sania Mirza, India, and Elena Vesnina (6), Russia, def. Jarmila Gajdosova, Australia, and Bethanie Mattek-Sands (12), U.S., 7-5, 6-3.
Andrea Hlavackova and Lucie Hradecka (7), Czech Republic, def. Rika Fujiwara and Ayumi Morita, Japan, 6-3, 3-6, 6-2.
MIXED DOUBLES
Second Round
Liezel Huber, U.S., and Colin Fleming, Britain, def. Vladimira Uhlirova, Czech Republic, and Scott Lipsky, U.S., 6-3, 6-2.
JUNIORS
BOYS
Singles — First Round
Filip Peliwo, Vancouver, def. Ken Onishi, Japan, 3-6, 6-1, 6-4.
Doubles — First Round
Pedja Krstin, Serbia, and **Filip Peliwo (7), Vancouver**, def. Jacob Grills and Daniel Guccione, Australia, 5-7, 7-6 (4), 10-7 tiebreak.
GIRLS
Singles — First Round
Carol Zhao, Richmond Hill, Ont., def. Brooke Rischbieth, Australia, 6-2, 6-1.
Doubles — First Round
Eugenie Bouchard, Montreal, and Carol Zhao (8), Richmond Hill, Ont., def. Megane Bianco, Switzerland, and Kathinka von Deichmann, Liechtenstein, 6-1, 4-6, 10-6 (tiebreak).

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	16	3	.842	—
Indiana	11	4	.733	3
d-Atlanta	13	5	.722	2½
d-Philadelphia	12	5	.706	3
Orlando	11	5	.688	3½
Miami	11	5	.688	3½
Boston	7	9	.438	7½
Cleveland	6	9	.400	8
Milwaukee	6	10	.375	8½
New York	6	10	.375	8½
New Jersey	5	13	.278	10½
Toronto	4	13	.235	11
Detroit	4	14	.222	11½
Charlotte	3	14	.176	12
Washington	2	15	.118	13

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	14	3	.824	—
Denver	12	5	.706	2
Utah	10	5	.667	3
d-L.A. Clippers	9	5	.643	3½
d-San Antonio	11	7	.611	3½
Dallas	11	7	.611	3½
Memphis	9	6	.600	4
Houston	10	7	.588	4
Portland	10	7	.588	4
L.A. Lakers	10	8	.556	4½
Minnesota	7	10	.412	7
Phoenix	6	10	.375	7½
Sacramento	6	12	.333	8½
Golden State	5	10	.333	8
New Orleans	3	14	.176	11

d-division leaders ranked in top four positions.

Last night's results
Philadelphia 103 Washington 83
Boston 87 Orlando 56
Chicago 110 New Jersey 95
Oklahoma City 99 Detroit 79
San Antonio 104 New Orleans 102
Houston 107 Minnesota 92
Atlanta 97 Milwaukee 92
Dallas 93 Phoenix 87
Portland 101 Sacramento 89
Memphis at Golden State
Sunday's results
Boston 100 Washington 94
L.A. Clippers 103 Toronto 91
New Jersey 97 Charlotte 87
Milwaukee 91 Miami 82
Indiana 98 L.A. Lakers 96

BASKETBALL

AP MEN'S TOP 25

All Times Eastern
Last night's results
No. 3 Syracuse 60 Cincinnati 53
No. 5 Kansas 64 Texas A&M 54
Tonight's games
No. 1 Kentucky at Georgia, 9 p.m.
No. 6 Baylor at Oklahoma, 8 p.m.
No. 13 San Diego State at Wyoming, 8:30 p.m.
No. 17 Marquette vs. South Florida, 8 p.m.
No. 20 Michigan at Purdue, 7 p.m.
Tomorrow's games
No. 2 Missouri at Oklahoma State, 7:30 p.m.
No. 4 Ohio State vs. Penn State, 6:30 p.m.
No. 8 Duke at Maryland, 9 p.m.
No. 10 Michigan State vs. Minnesota, 8:30 p.m.
No. 12 Nevada-Las Vegas at Boise State, 10 p.m.
No. 15 Creighton at Drake, 8:05 p.m.
No. 18 Mississippi State vs. LSU, 8 p.m.
No. 22 Kansas State at Texas Tech, 9 p.m.
No. 23 Florida State at Wake Forest, 7 p.m.
Thursday's games
No. 7 North Carolina vs. NC State, 7 p.m.
No. 14 Florida at Mississippi, 7 p.m.
No. 16 Indiana at No. 25 Wisconsin, 9 p.m.
No. 19 Virginia vs. Boston College, 9 p.m.
No. 21 Saint Mary's (Cal) at Loyola Marymount, 10 p.m.
Saturday's games
No. 1 Kentucky at Louisiana State, 4 p.m.
No. 2 Missouri vs. Texas Tech, 1:30 p.m.
No. 3 Syracuse vs. West Virginia, 1 p.m.
No. 5 Kansas at Iowa State, 2 p.m.
No. 6 Baylor vs. Texas, 1 p.m.
No. 8 Duke vs. St. John's, Noon
No. 9 Georgetown at Pittsburgh, 4 p.m.
No. 11 Murray State vs. Eastern Illinois, 8 p.m.
No. 12 Nevada-Las Vegas at Air Force, 9 p.m.
No. 13 San Diego State at Colorado State, 4 p.m.
No. 14 Florida vs. **No. 18** Mississippi State, 1:30 p.m.
No. 15 Creighton vs. Bradley, 8:05 p.m.
No. 17 Marquette at Villanova, Noon
No. 19 Virginia at NC State, 8 p.m.
No. 21 Saint Mary's (Cal) at Brigham Young, 9 p.m.
No. 22 Kansas State vs. Oklahoma, 7 p.m.
Tonight's games
All Times Eastern
New York at Charlotte, 7 p.m.
Orlando at Indiana, 7 p.m.
Cleveland at Miami, 7:30 p.m.
Toronto at Phoenix, 9 p.m.
Memphis at Portland, 10 p.m.
Tomorrow's games
New York at Cleveland, 7 p.m.
Charlotte at Washington, 7 p.m.
New Jersey at Philadelphia, 7 p.m.
Miami at Detroit, 7:30 p.m.
Indiana at Chicago, 8 p.m.
Milwaukee at Houston, 8 p.m.
New Orleans at Oklahoma City, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Atlanta at San Antonio, 8:30 p.m.
Toronto at Utah, 9 p.m.
Denver at Sacramento, 10 p.m.
Portland at Golden State, 10:30 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

LACROSSE

NLL

All Times Eastern

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Buffalo	2	2	0	1.000	26	19	—
Rochester	2	1	1	.500	31	24	1
Philadelphia	2	1	1	.500	22	31	1
Toronto	2	0	2	.000	19	26	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Colorado	3	3	0	1.000	46	38	—
Calgary	3	2	1	.667	37	32	1
Minnesota	1	0	1	.000	14	20	2
Edmonton	1	0	1	.000	12	13	2
Washington	2	0	2	.000	19	23	2½

WEEK THREE
Saturday's results
Colorado 13 Calgary 12 (OT)
Buffalo 12 Rochester 9
Philadelphia 10 Washington 9 (OT)
Friday's result
Colorado 13 Edmonton 12
WEEK FOUR
Friday, Jan. 27
Rochester at Toronto, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
Saturday, Jan. 28
Buffalo at Minnesota, 8 p.m.
Rochester at Colorado, 9 p.m.
Toronto at Calgary, 9 p.m.
Edmonton at Washington, 10:30 p.m.

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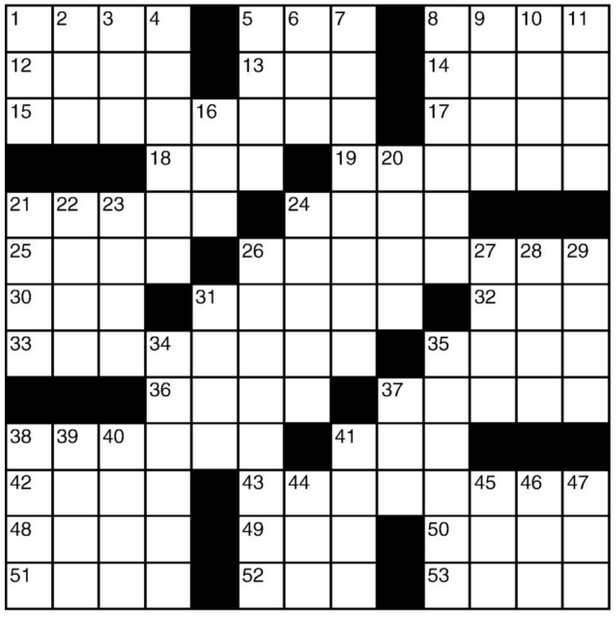
Crossword



Across

1 Pinnacle
5 "Eureka!"
8 — Minor
12 Tibetan monk
13 Bookspine abbr.
14 Night light?
15 Pillages
17 Entanglement
18 Atmosphere
19 Whoppers' toppers
21 Home
24 Smile
25 Humdinger
26 WWI field famous for poppies
30 Math course
31 Actress Massey
32 "Boy, am I stupid!"
33 Bad-mouths
35 Tower city
36 Sly
37 Caulking material
38 Eyelike spots
41 Crazed
42 Ashen
43 Peripheral-vision thwarters
48 Cold War abbr.
49 Allow
50 Welsh veggie
51 Cows and sows
52 Dine
53 Jealousy

Down

1 Matterhorn, e.g.
2 Chum
3 Ostrich's cousin
4 Citizen Kane's estate
5 State with certainty
6 Not vert.
7 Losers
8 Nasty
9 Nevada city
10 Any time now
11 Picnic invaders
16 Conk out
20 1492 craft
21 "Sad to say ..."
22 Matador's foe
23 Gymnast Korbut
24 Splendor
26 Not stiff
27 Tend texts
28 Oxidize
29 Horse-drawn carriage
31 Pedestal occupant
34 Pro QBs, e.g.
35 Small pool
37 Skillet
38 Piece of work
39 Money
40 Otherwise
41 Catcher's glove
44 Meadow
45 Still, in verse
46 Gun the engine
47 Firmament

▶ Monday's answer

A	S	H		V	A	M	P	S		M	O	P
I	K	E		A	B	O	U	T		E	M	U
M	I	S	E	R	A	B	L	E		D	E	N
			L	I	N		S	P	L	I	N	T
B	U	M	M	E	D		E	P	I	C		
E	R	A		D	O	G		E	R	A	S	E
T	A	L	C		N	I	P		A	B	E	D
A	L	L	O	T		N	E	B		L	E	I
		E	Z	R	A		A	L	B	E	R	T
P	L	A	Y	E	R		C	A	R			
L	O	B		M	E	M	O	R	A	B	L	E
E	L	L		O	N	I	C	E		L	E	O
A	L	E		R	A	N	K	S		T	E	N

Sudoku

		6				7		
	5	2	7		4	8	6	
8	7						3	5
			5	9	2			
				4				
			6	1	3			
1	2						9	6
	9	4	3		6	1	7	
		8				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	4	9	7	2	5	6	1	8
7	6	5	1	3	8	4	2	9
8	2	1	9	4	6	3	7	5
5	3	7	8	6	1	9	4	2
2	1	4	3	5	9	7	8	6
9	8	6	2	7	4	1	5	3
1	7	3	5	9	2	8	6	4
4	5	8	6	1	3	2	9	7
6	9	2	4	8	7	5	3	1

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Matthew
Thank you for always being there for me. It means so much to me to have you by my side through everything that has happened the last year. I love you so much <3
FROM JESS

Ryan Bouchard
Hey baby! I love you soooo much! you always brighten my day! There are times when I feel like I can't live without you. You are the one I think about and have dreamt about for a long time. **FROM CHELSEA FISH**

my handsome knight
My heart is aching for you , I am so sad that the last words you heard from me was I HATE YOU NOW....I did not mean it, I was so hurt, I felt betrayed and abandoned but I really know better and I UNDERSTAND MORE THAN YOU KNOW....YOU ARE IN MY SOUL FOREVER TILL THE END OF TIME.....
FROM YOUR LADY

A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -5° Max 2°	Min 2° Max 6°	Min -6° Max 4°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You have never been a stranger to hard work but now that Mars, your ruler, is turning retrograde in the wellbeing area of your chart you should perhaps slow down a bit.

♉ Taurus April 21-May 21
It won't be long before you are back to your best and raring to go.

♊ Gemini May 22-June 21
You may have to own up to something a bit embarrassing today but rather that than deny it and get caught out later on.

♋ Cancer June 22-July 22
Go out, have a good time and meet as many interesting and influential new people as you possibly can.

♌ Leo July 23-Aug.23
Something will catch your eye today and you won't be happy until you have made it your own.

♍ Virgo Aug. 24- Sept. 22
There are so many new opportunities coming your way at the moment, but you must not take your good fortune for granted.

♎ Libra Sept. 23-Oct. 23
If you find it hard to get your act in gear today you should take that as a sign and stop trying so hard.

♏ Scorpio Oct. 24-Nov. 22
A certain individual may seem a bit boring but if you make an effort to get to know them today you may find you have a lot in common.

♐ Sagittarius Nov. 23-Dec. 21
Whatever challenges you are faced with at the moment, at home or at work, you have no intention of letting them overwhelm you.

♑ Capricorn Dec. 22-Jan. 20
You know that your beliefs are right but how do you convince other people of that fact? You don't.

♒ Aquarius Jan. 21-Feb. 18
Try not to be too critical of other people today.

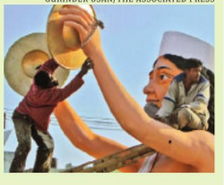
♓ Pisces Feb. 19-March 20
You may find it hard to be nice to someone today.

SALLY BROMPTON

Caption contest

JACQUES BRINON/THE ASSOCIATED PRESS

GURINDER OSAN/THE ASSOCIATED PRESS

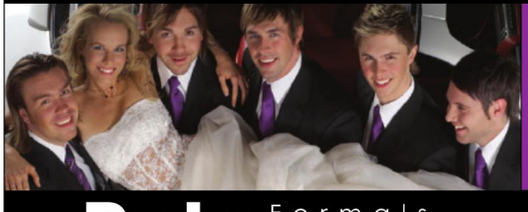


WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

Celebrate family & friends



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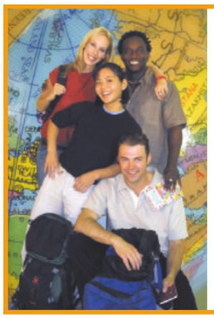

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